

MOUNTAIN VIEW SENIOR CENTER

266 ESCUELA AVE, MOUNTAIN VIEW CA 94040 • 650-903-6330



Holidays & Closures: **July 4**

The Senior Center will be closed, and no classes will be held on this date.

Parks
Make
Life
Better!



Summer 2012 Class Guide

Table of Contents

Classes

Arts and Crafts.....	pg. 2-3
Computer.....	pg. 4
Dance.....	pg. 4-5
Enrichment.....	pg. 6
Exercise.....	pg. 6-8
Music.....	pg. 9

Registration

Information.....	pg. 9
------------------	-------

Schedule by Day.....	pg. 10
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***Fees in this guide are for seniors ages 55+.** MVLA classes may be offered to those under 55, which may have a higher fee. If you are interested in those fees, please contact MVLA or visit the class & speak with the instructor.

READY TO SIGN UP? Match the "signup" with one of the three options below. See page 9 for more details.

MV-LA

(Mountain View - Los Altos Adult Education)

Three options:

1. In-person: 333 Moffett Blvd.
2. Call: (650) 940-1333
3. Online: www.mvlaae.net

VOLUNTEER

These classes are free, and there is no need to formally register.

Please just attend class and speak with instructor.

IN CLASS

Attend class and register with instructor.



ARTS AND CRAFTS CLASSES



CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
CALLIGRAPHY: CREATE A GARDEN JOURNAL - Students will work with pencil, watersoluble pencils, and pigma pens along with watercolor and colored pencil techniques. A variety of casual writing will be included so calligraphic experience is not needed. An exciting transparent transfer method will be included. Students will need to have a set of watercolors (Prang has a good quality set and is least expensive), a watersoluble graphite pencil, colored pencils and a Micron Pigma pen size .005 or the equivalent. Bring a blank journal with a spine at least 8 inches tall. We will add artistic elements to the pages. Lab fee of \$5.	MV-LA	F	7/6-7/27	9:00AM-12:00PM	\$42.00 + materials fee	ARTS & CRAFTS ROOM	S. FRANK
CERAMICS: BEGINNING / INTERMEDIATE TECHNIQUES - Beginning and intermediate students will learn various techniques in clay and glazing and at the end of the session will have completed work to take home. Beginning students welcome. Materials Fee: glazes \$15, clay \$5, payable to instructor at the first class. No class 7/4.	MV-LA	W	6/27-8/1	1:00PM-4:00PM	\$52.00 + materials fee	ARTS & CRAFTS ROOM	C. MACPHERSON
CERAMICS: SMALL SCULPTURE - Students will learn a variety of techniques to build, glaze and finish small sculptures and at the end of session will have completed pieces to take home. Materials Fee: glazes \$15, clay \$5, payable to instructor at the first class. No class 7/4.	MV-LA	W	6/27-8/1	9:00AM-12:00PM	\$52.00 + materials fee	ARTS & CRAFTS ROOM	C. MACPHERSON
CREATIVE STITCHERY - You are welcome to bring your own stitchery project, or you might want to learn one of the interesting needlework or crafts being taught. New students are welcome!	VOLUNTEER	M	ONGOING	9:00AM-12:00PM	FREE	ARTS & CRAFTS ROOM	M. VARGAS
DRAWING AND WATERCOLOR - Basic concepts of drawing and painting in watercolor. Students will explore color mixing and application, composition, and detail. Many detailed demonstrations. Seascapes, landscapes, and floral will be emphasized. Materials list available at first class.	MV-LA	T	6/26-7/31	9:00AM-12:00PM	\$62.00	ARTS & CRAFTS ROOM	B. DIXON

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ARTS AND CRAFTS CLASSES



CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
FIGURE AND PORTRAIT DRAWING - This is your opportunity to receive quality instruction while drawing portraits and figures of live, clothed, professional models! Instruction will be individualized; class is open to all levels and abilities. A variety of media will be explored: pencil, charcoal, conte crayon and inks. A \$40 model fee payable to instructor at first class meeting.	MV-LA	TH	6/28-8/2	1:00PM-4:00PM	\$62.00	ARTS & CRAFTS ROOM	K. YOUNG
IKEBANA (FLOWER ARRANGING) - Learn the Japanese technique of Ikebana which translates to "living flowers" as you create flower arrangements. This class meets twice a month and is open to anyone who is interested in learning this ancient craft. Students need to provide their own vase, scissors and kenzan (special tool for flower arrangement).	VOLUNTEER	Second and Fourth M each month	ONGOING	6:30PM-8:30PM	\$40/month for materials	ARTS & CRAFTS ROOM	S. NARIMATSU
KNITTING AND CROCHETING CLUB - Join this group of knitting and crocheting enthusiasts; create fun projects, and make new friends. Bring your own yarn or use some of ours to make caps, booties or afghans for needy children and seniors. Or, work on projects of your own. All skill levels are welcome. No meeting 7/4.	VOLUNTEER	W	ONGOING	1:00PM-3:30PM	FREE	MULTI B	M. GRINDER & N. BAITY
PAINTING CLUB - Open to any senior who paints in oil and acrylic and is looking for a time and place to work with others. A studio atmosphere of mutual support and friendship will be maintained. This is a drop-in club with no formal instruction. No meeting 7/4.	VOLUNTEER	W	ONGOING	9:00AM-12:00PM	FREE	MULTI B	K. KOSHGARIAN
WOODCARVING: DROP-IN - A friendly informal class for beginning and more experienced carvers. The goal of this class is to become more knowledgeable about the types of woods, finishes and skills applicable to this craft.	VOLUNTEER	M	ONGOING	1:00PM-4:00PM	FREE	ARTS & CRAFTS ROOM	TBA

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IN CLASS

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COMPUTER CLASSES



CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
INTRODUCTION TO THE PC - Use hands-on activities to learn the basic features and functions of your computer including the mouse, icons, and menus. Explore Microsoft® Windows® applications such as Word® for creating simple documents and flyers. Learn how to cut, copy, paste, format, and save documents. This class is excellent for adult beginners of any age! No class 7/4.	MV-LA	M/W	6/25-7/16	9:00AM-11:00AM	\$48.00	TECHNOLOGY ROOM	A. CHAN
INTRODUCTION TO THE INTERNET - Develop and enhance your internet research skills. Learn to "surf" the Internet and visit some of today's most popular web sites, including sites that will help you obtain information relevant to your everyday needs and lifestyle. Create your own personal email account and learn to send and receive messages, greetings and attachments with proficiency.	MV-LA	M/W	7/18-8/1	9:00AM-11:00AM	\$42.00	TECHNOLOGY ROOM	P. EVANGEL



DANCE CLASSES



BEGINNING SOCIAL DANCE - Ballroom social dance for all levels. This class will teach all kinds of basic popular social dances in a variety of ballroom dance styles like waltz, foxtrot, swing, two step, cha cha, rumba, samba, jive, salsa, hustle, etc. This class will not only improve your dance skill and fitness level, but your overall health and happiness as well.	VOLUNTEER	TH	ONGOING	2:45PM-4:30PM	FREE	MULTI A	G. CHEN E. JIANG
BELLY DANCING - Learn the art of belly dance, and transform your body and mind while exploring your inner self. Join Nancy, who has over 25 years of experience teaching and performing belly dance. This fun and free class is designed for all levels.	VOLUNTEER	T	ONGOING	7:15PM-8:30PM	FREE	DANCE & MOVEMENT ROOM	N. MIZE
CHINESE FOLK DANCING GROUP - You are warmly welcomed to our group for friendship, joy, happiness and health of the mind and body. Practice Chinese folk dances once a week and do several performances annually.	VOLUNTEER	F	ONGOING	2:00PM-4:30PM	FREE	DANCE & MOVEMENT ROOM	W. TANG

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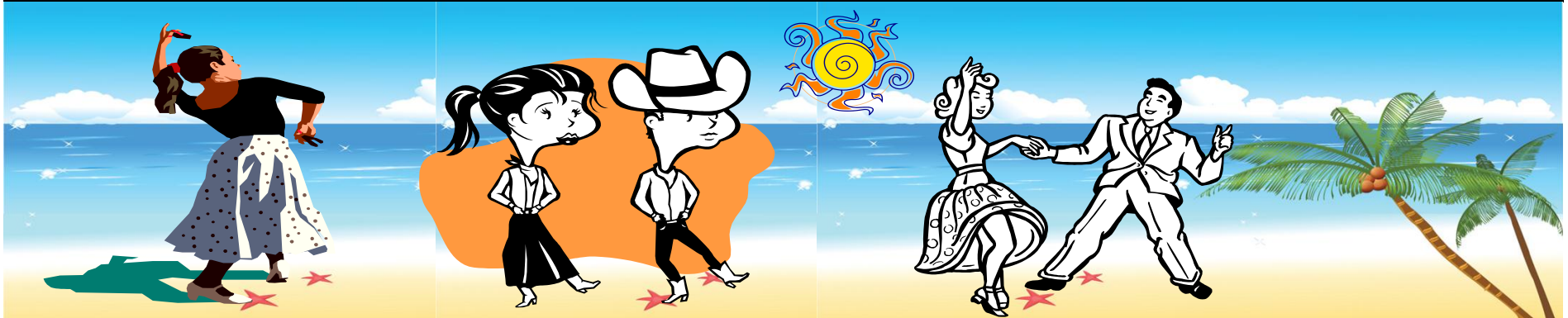
Please just attend class and speak with instructor.

IN CLASS

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DANCE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
LINE DANCING - Enjoy an hour of line dancing with other line dancers. No partner needed.	VOLUNTEER	F	ONGOING	1:00PM-2:00PM	FREE	MULTI A	M. YOUNG A. YOUNG
SOCIAL DANCE CLUB - This club plays US, Chinese, and South American music from the 50s, 60s, and 70s. The types of dances include the Cha Cha, Fox Trot, Rumba, Swing, Tango, and Waltz. Come Join our Monday night "Dancing with the Oldies", and dance the night away.	VOLUNTEER	M	ONGOING	7:00PM-9:00PM	FREE	MULTI A	D. WU
SQUARE DANCING - Join this lively class for square dance instruction and dancing. The new and the experienced are welcome! No partner needed.	VOLUNTEER	F	ONGOING	2:15PM-3:15PM	FREE	MULTI A	A. KNOPPE
WORKOUT ON BROADWAY - Tired of the same old exercise routine? Join our "chorus line" as we tap our way into fitness with rhythmic choreographed exercises to Broadway tunes and popular music. Improve your mind, body, and memory while building strength, agility, breath control, stamina, grace and coordination. Workout attire and leather-soled shoes recommended (no taps).	MV-LA	T/TH	6/26-8/2	1:00PM-2:30PM	\$62.00	DANCE & MOVEMENT ROOM	M. RIDGWAY



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ENRICHMENT CLASSES



CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
BOOK CLUB - Join the Senior Center Book Club! Enjoy monthly discussions of a chosen book with your fellow seniors. Everyone is welcome! Meetings are held second Tuesday of each month.	VOLUNTEER	Second T each month	ONGOING	10:30AM-11:30AM	FREE	TEEN CENTER (298 Escuela Ave.)	R. SALIDO
ENGLISH ADVANCED CONVERSATION - Come join this group to practice your English conversation skills in a relaxed setting. This is an advanced class, and knowledge of basic English is recommended. Class limit is 18 students.	VOLUNTEER	F	6/8-7/27	1:00PM-3:00PM	FREE	MEETING ROOM	N. ROSS E. MURRAY
GENEALOGY, INTRODUCTION - Explore your family history through research techniques, charts and forms, software, documentation guidelines and Internet resources - all with a group sharing your interests. Locate, interpret and document birth, marriage and death records, etc. For those with little or no genealogy experience.	MV-LA	T	7/3-7/31	9:30AM-11:30AM	\$35.00	MULTI B	S. HALLORAN
MEMOIRS WRITING - Writing one's memoirs is an exciting and effective way to sort out and record the experiences that will be your legacy to future generations. This class will give you the opportunity to review writing techniques and receive constructive criticism from students and teacher.	MV-LA	TH	7/5-8/2	12:30PM-3:30PM	\$52.00	MULTI B	S. HALLORAN



EXERCISE CLASSES



FELDENKRAIS AWARENESS THROUGH MOVEMENT - Improve coordination and quality of movement, leaving excess muscle tension behind. Create relief for your back, neck and shoulders, expand ease of movement, and improve physical habits to achieve better balance, less pain, and more enjoyment. Movements are usually done lying on mats, sometimes sitting or standing. Mats provided.	MV-LA	F	6/29-8/3	10:00AM-11:15AM	\$42.00	MULTI A	J. ELVIN
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EXERCISE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
THE JOY OF MOVEMENT - The class sessions include gentle warm-ups, movement, and meditations from yoga; fun activities inspired by dance, theater, music, and art that encourage spontaneity, awaken the senses, and stir the creative imagination; and guided movement improvisations accompanied by energizing, inspiring music. Students are encouraged to move at their own pace; no previous experience is necessary. No class 7/4.	VOLUNTEER	First W each month	ONGOING	7:00PM-8:45PM	FREE	SOCIAL HALL	R. CANTONI
QIGONG: EVENING - Qigong combines slow graceful movement with mental concentration and breathing to increase strength, balance and coordination which enhances the immune system and reduces physical and mental stress. It is gentle and thus great for even those who are physically limited. This class is not suitable for those who are chronically ill. Classes held on the second Tuesday of each month and may be moved to the Social Hall on certain dates. No class 7/4.	MV-LA	W	6/27-8/1	5:30PM-7:00PM	\$42.00	MULTI A	L. SIMS
QIGONG: MORNING - Qigong is a beautiful, flowing combination of movements and breathing techniques that stimulate energy flow. It promotes your natural resiliency to stress and illness. We start the class with energy tapping followed by 18 Qigong movements, meridian brush to direct meridian flow. At the end, we practice T'ai Chi. At times, the class may collectively decide to hold class outside. If you do not see the class in Room 3, please check outside of the building, either in front of the Community Center or towards the back of the building.	VOLUNTEER	TH	ONGOING	10:00AM-11:30AM	FREE	COMMUNITY CENTER - ROOM 3 (201 S. Rengstorff Avenue)	O. WANG
STRONG FOR LIFE - Two sections to choose from! This is a muscle strengthening program designed for older adults. The program consists of a set of 10 core exercises involving the trunk and the upper/lower extremities. All exercises are done in either a sitting or standing position using Theraband elastic exercise bands. Pick up the enrollment & physician clearance forms in class.	IN CLASS	T	ONGOING	Section 1: 9:30AM-10:15AM	FREE	DANCE & MOVEMENT ROOM	M. AHUJA
		T	ONGOING	Section 2: 10:30AM-11:15AM	FREE	DANCE & MOVEMENT ROOM	M. AHUJA

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EXERCISE CLASSES

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T'AI CHI - This class fosters positive mind-body skills, processes, and events. T'ai Chi is an ancient Chinese martial art form that was developed to enhance both physical and emotional wellbeing. Many people who practice T'ai Chi indicate that they feel more peaceful and relaxed after the workout.	VOLUNTEER	M	ONGOING	10:15AM-12:00PM	FREE	MULTI A	O. WANG
DROP-IN Wii BOWLING - Join the fun and bowl on the big screen in our Social Hall! Learn the basics of the Wii video game system while bowling with fellow seniors in this drop-in class. Haven't bowled in a while? No worries! No shoe rental, no heavy ball, no experience needed, just fun and wireless remote controls. Special summer hours will run from 2:00 p.m. - 4:00 p.m, June 5 - August 7. Outside of these dates, Wii Bowling will run from 4:00 p.m. - 6:00 p.m.	VOLUNTEER	T	ONGOING	SPECIAL SUMMER HOURS, JUNE 5-AUG. 7! 2:00PM-4:00PM	FREE	SOCIAL HALL	STUDENT VOLUNTEERS
YOGA, THERAPEUTIC YOGA FOR SENIORS - This class will focus on gentle therapeutic exercises for the whole body. Breathing, relaxation techniques, concentration improvement, stress and anxiety management will be taught based on classical Rajyoga philosophy. Benefits of this class are joint flexibility, strength, endurance, higher energy level and breathing improvement. Participants should wear clothes that allow for easy movement of limbs. Please arrive a couple of minutes before class begins to avoid disturbing the class once it has begun. Equipment is provided. No class 7/4.	VOLUNTEER	W	ONGOING	10:00AM-11:15AM	FREE	DANCE & MOVEMENT ROOM	N. SUBRAMANIAN
ZUMBA GOLD - If you love the rhythms of Latin music and you'd like to dance away your exercise hour - even if you've never danced before - come join the Zumba party. We'll merengue, mambo, samba, tango, salsa and more - all for fun. You won't believe you're exercising, improving your balance, strength, flexibility, and cardiovascular fitness! Wear comfortable, layered clothing and shoes - please, no sandals.	IN CLASS	TH	6/14-8/2	10:30AM-11:30AM	\$40.00/ \$52.50	DANCE & MOVEMENT ROOM	C. KENWORTHY

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IN CLASS

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MUSIC CLASSES



CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
CHINESE CHORUS - The Evergreen Chorus of Northern California consists of 30-40 Chinese American seniors who love to sing. Chinese classical, popular, and folk songs are practiced once a week and performed at local communities and special events. Come join our group!	VOLUNTEER	T	ONGOING	2:30PM-4:30PM	FREE	MULTI A	D. ZHOU
KARAOKE: DROP-IN - Come to entertain or be entertained! Karaoke equipment will be provided, bring your own disc if you have one. The majority of discs are multi-lingual and provided by instructors.	VOLUNTEER	T	ONGOING	1:00PM-4:00PM	FREE	ARTS & CRAFTS ROOM	J. LIANG C. CHOW
ORCHESTRA, SOUTH BAY COMMUNITY ORCHESTRA - This full senior orchestra is devoted to serving the community by performing at senior centers, retirement homes and rehabilitation centers. Music includes classical and pop styles. If you play an orchestra instrument, join us. For more information, write to sbc-orchestra@earthlink.net . No class 7/4.	MV-LA	W	6/27-8/1	1:00PM-4:00PM	\$52.00	MULTI A	S. MACY

REGISTRATION INFORMATION

Looking in the "signup" column will tell you if the class is run by Mountain View-Los Altos Adult Education*, In-Class, or a Volunteer. To sign up, follow the instructions at the top of each page.

See the example for more information.

*MVLA registration begins Friday, May 18.

CLASS NAME	SIGNUP	DAY	DATES
MEMOIRS WRITING - Writing one's memoirs is an exciting and effective way to sort out and record the experiences that will be your legacy to future generations. No class 4/12.	MV-LA	TH	1/12-3/22

STEP 1: Locate the "Signup" agency for the class.

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STEP 2: Follow the signup information located at the top of each page.

